



Cheese-Stuffed Mushrooms



Gluten Free

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READY IN

ready

45 min.

SERVINGS

servings

24

CALORIES

calories

46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 ounces cream cheese
- ☐ 4 ounces feta cheese
- ☐ 24 mushrooms fresh
- ☐ 10 ounce pkt spinach frozen chopped
- ☐ 0.5 cup green onion with tops finely chopped
- ☐ 1 cup parmesan grated
- ☐ 24 servings salt to taste

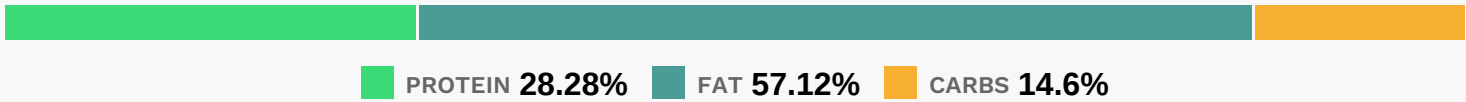
Equipment

- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ mixing bowl
- ☐ colander

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Wipe mushroom caps clean with a damp paper towel. Thaw spinach in a colander; squeeze out as much moisture as possible. In mixing bowl, combine all ingredients except mushrooms and Parmesan.
- ☐ Mix well. Fill mushroom caps with mixture and place on a cookie sheet.
- ☐ Sprinkle Parmesan on top.
- ☐ Bake for 15 to 20 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:6.04, Glycemic Load:0.3, Inflammation Score:-7, Nutrition Score:6.9434782836748%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 45.62kcal (2.28%), Fat: 3.04g (4.68%), Saturated Fat: 1.8g (11.28%), Carbohydrates: 1.75g (0.58%), Net Carbohydrates: 1.15g (0.42%), Sugar: 0.64g (0.71%), Cholesterol: 9.42mg (3.14%), Sodium: 331.9mg (14.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.78%), Vitamin K: 48.46µg (46.15%), Vitamin A: 1490.09IU (29.8%), Vitamin B2: 0.17mg (9.86%), Calcium: 92.38mg (9.24%), Phosphorus: 71.13mg (7.11%), Selenium: 4.43µg (6.33%), Folate: 23.88µg (5.97%), Manganese: 0.1mg (4.94%), Copper: 0.09mg (4.29%), Vitamin B3: 0.85mg (4.27%), Vitamin B5: 0.39mg (3.9%), Magnesium: 14.02mg (3.51%), Potassium: 120.14mg (3.43%), Vitamin B6: 0.07mg (3.38%), Zinc: 0.44mg (2.94%), Vitamin E: 0.39mg (2.63%), Vitamin B1: 0.04mg (2.53%), Fiber: 0.6g

(2.39%), Vitamin B12: 0.14µg (2.38%), Iron: 0.42mg (2.35%), Vitamin C: 1.46mg (1.77%)